

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS



EASTER SAVINGS

99¢ EACH

AURORA GNOCCHI OR MOLISANA PASSATA
500 G, 500 ML



BONELESS

FRESH BONELESS STRIPLIN STEAKS
FAMILY PACK OR ROAST
CUT FROM UNGRADED BEEF
WHILE QUANTITIES LAST
19.58/KG

EASTER SAVINGS

8⁸⁸ /LB

EASTER SAVINGS

1⁹⁸ EACH

CHRISTIE RITZ OR TRISCUIT CRACKERS
162 - 200 G
BITS & BITES OR CRISPERS
145 G
SELECTED VARIETIES

ALWAYS CANADIAN

FRESH ATLANTIC SALMON FILLETS
FAMILY PACK
19.58/KG

EASTER SAVINGS

8⁸⁸ /LB

LACTANTIA CREAM
473 ML - 1 L
SELECTED VARIETIES

EASTER SAVINGS

2⁹⁹ EACH

LACTANTIA Whipping Cream
Crème à fouetter
35% MATURE

LACTANTIA Half & Half Cream
Crème à café
10% MATURE



VICENTINA ITALIAN STYLE PORCHETTA ROAST
1.5 KG
SELECTED VARIETIES
WHILE QUANTITIES LAST

EASTER SAVINGS

17⁸⁸ EACH

EASTER SAVINGS

2⁹⁸ EACH

DORITOS, RUFFLES CHIPS OR CHEETOS
180 - 285 G SELECTED VARIETIES

EASTER SAVINGS

3⁹⁸ EACH

SCHNEIDERS OR MAPLE LEAF BACON
65 - 375 G
SELECTED VARIETIES

CLOVER LEAF SOCKEYE SALMON
215 G

EASTER SAVINGS

4⁹⁸ EACH

CLOVER LEAF SOCKEYE SALMON
WILD RED PACIFIC

EASTER SAVINGS

4⁸⁸ EACH

SELECTION CHEESE SHREDS
400 G
SLICES 210 - 230 G
SELECTED VARIETIES

CASHMERE BATHROOM TISSUE 24 - 485
SPONGE TOWELS ULTRA 6 - 1275
PAPER TOWELS 6 - 1275
SCOTTIES FACIAL TISSUE 125
SELECTED VARIETIES

EASTER SAVINGS

11⁹⁸ EACH

125 points
value of \$1

EASTER SAVINGS

5⁹⁹ EACH

125 points
value of \$1

IRRÉSISTIBLE PIE
750 G - 1 KG
SELECTED VARIETIES

HAPPY EASTER

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 2ND TO WEDNESDAY, APRIL 8TH, 2026
MOST STORES CLOSED ON FRIDAY APRIL 3RD AND ALL STORES WILL BE CLOSED ON SUNDAY APRIL 5TH, 2026
PRICES IN THIS FLYER AVAILABLE AT BOLTON & WOODBRIDGE LOCATIONS ONLY.

To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.

food Basics

CANADIAN AND PROUD



BROCCOLI CROWNS
PRODUCT OF U.S.A. AND/OR MEXICO

EASTER SAVINGS

98¢
EACH



WE LOVE LOCAL
Ontario

WHOLE WHITE OR CRIMINI MUSHROOMS
PRODUCT OF ONTARIO, CANADA
227 G

EASTER SAVINGS

1.28
EACH



STEM & LEAF CLEMENTINES
PRODUCT OF SPAIN
4.14/KG

EASTER SAVINGS

1.88
/LB



LEMONS
PRODUCT OF SOUTH AFRICA OR USA
2 LB

EASTER SAVINGS

2.98
EACH



SWEET/ASSORTED PEPPERS
PRODUCT OF HONDURAS AND/OR MEXICO
PKG OF 4
KIWI BASKET
PRODUCT OF GREECE OR CHILE
600 G
MINI SWEET PEPPERS
PRODUCT OF HONDURAS AND/OR MEXICO
454 G

EASTER SAVINGS

3.88
EACH

EASTER FAVOURITES FOR LESS



NESTLÉ KIT KAT EASTER BUNNY
85 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

EASTER SAVINGS

3.49
EACH



FERRERO ROCHER EASTER BUNNY
70 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

EASTER SAVINGS

4.49
EACH



LINDT GOLD BUNNY
190 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

EASTER SAVINGS

6.99
EACH



IRRESISTIBLE MINI CHOCOLATE EGGS
800 G SELECTED VARIETIES
WHILE QUANTITIES LAST

800 G

EASTER SAVINGS

14.99
EACH

125
points
value of \$1



CADBURY MINI EGGS
875 G
WHILE QUANTITIES LAST

EASTER SAVINGS

17.99
EACH

HAPPY
GET READY TO SAVE! GREAT PRICES START
MOST STORES CLOSED ON FRIDAY APRIL 3RD
PRICES IN THIS FLYER AVAILABLE

To view local store flyer, visit foodbasics.ca, where

BEATRICE CHOCOLATE MILK 1 L
I CAN'T BELIEVE IT'S NOT BUTTER! 427 G

YOPLAIT TUBES DRINKABLE YOGURT 8 X 56 G
SELECTED VARIETIES

EASTER SAVINGS
1.99 EACH

NATURAL SELECTIONS
SHAVED - ÉMINCÉE

SCHNEIDERS
Blue Ribbon CLASSIC BOLOGNA

EASTER SAVINGS
4.99 EACH

MAPLE LEAF NATURAL SELECTIONS OR SCHNEIDERS SLICED DELI MEAT OR BOLOGNA
150 - 500 G SELECTED VARIETIES

NATREL FINE FILTERED MILK 4 L

TASTER'S CHOICE OR NESCAFÉ INSTANT COFFEE 100 - 170 G
SELECTED VARIETIES

EASTER SAVINGS
6.49 EACH

CHEEMO PEROGIES

CAVENDISH FLAVOUR CRISP

EASTER SAVINGS
2.99 EACH

CAVENDISH FARMS FRENCH FRIES 454 - 750 G

CHEEMO PEROGIES 815 - 907 G

IRRESISTIBLE MEALS 230 - 320 G FROZEN
SELECTED VARIETIES

CLASSICO PASTA SAUCE 218 - 400 ML
SELECTED VARIETIES

EASTER SAVINGS
2.98 EACH

CLASSICO TOMATO & BASIL TOMATES ET BASILIC 600 mL

CLASSICO ALFREDO 410 mL

NESTLÉ REAL DAIRY ICE CREAM 1.5 L
NOVELTIES 4 - 9'S
SELECTED VARIETIES

EASTER SAVINGS
4.99 EACH

DRUMSTICK

QUAKER QUICK OATS 900 G - 1 KG

PEARL MILLING INSTANT OATMEAL 232 - 344 G

PEARL MILLING PANCAKE MIX 900 G

TABLE SYRUP 710 ML
SELECTED VARIETIES

EASTER SAVINGS
2.99 EACH

NABOB TRADITION GROUND COFFEE 950 G

EASTER SAVINGS
1.99 EACH

OCEAN'S LIGHT TUNA 170 G

CAMPBELL'S SOUP 284 ML
SELECTED VARIETIES

EASTER SAVINGS
1.25 EACH

CHIRSTIE OREO OR CHIPS AHOY! COOKIES 251 - 303 G
SELECTED VARIETIES

EASTER SAVINGS
2/\$5

COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS 12 X 355 ML
SELECTED VARIETIES

EASTER SAVINGS
7.99 EACH

TIDE ALL IN ONE LAUNDRY DETERGENT 2.72 L = 70 LOADS

GAIN LAUNDRY DETERGENT 2.6 L = 61 LOADS

DOWNY FABRIC SOFTENER 2.63 L = 120 LOADS
SELECTED VARIETIES

EASTER SAVINGS
9.99 EACH

BUY ANY 2 BOXES OF GENERAL MILLS FAMILY SIZE CEREAL

EASTER SAVINGS
5.99 EACH

GENERAL MILLS FAMILY SIZE CEREAL 455 - 778 G
SELECTED VARIETIES

GET 1 FREE

LACTANTIA ULTRAPUR MILK 1.5 L
SELECTED VARIETIES

SAVE \$4.99

UltraPur 20g PROTEIN NO SUGAR ADDED 10 ESSENTIAL NUTRIENTS

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EASTER FLORAL FOR LESS



pick Ontario



10 STEM TULIPS
ASSORTED COLORS
WHILE QUANTITIES LAST

EASTER SAVINGS
8⁸⁸
EACH



MIXED SIGNATURE
BOUQUET
ASSORTED MIXES
WHILE QUANTITIES LAST

EASTER SAVINGS
\$15
EACH



BOUQUET OF THE MONTH
ASSORTED MIXES
WHILE QUANTITIES LAST

EASTER SAVINGS
18⁸⁸
EACH



EASTER BLOOM BOUQUET
ASSORTED MIXES
WHILE QUANTITIES LAST

EASTER SAVINGS
24⁸⁸
EACH



6" EASTER LILLIES
WHILE QUANTITIES LAST

EASTER SAVINGS
8⁹⁹
EACH



6" HYDRANGEAS
ASSORTED COLORS
WHILE QUANTITIES LAST

EASTER SAVINGS
16⁹⁹
EACH



6" ORGANIC BASIL
WHILE QUANTITIES LAST

EASTER SAVINGS
5⁹⁹
EACH

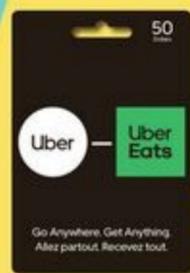


6" LAVENDAR
SELECT STORES
WHILE QUANTITIES LAST

EASTER SAVINGS
10⁹⁹
EACH

BONUS \$10
Indigo eGift card
with the purchase of a
\$50 or more Indigo gift card

Offer valid April 2 - 8
claim your bonus at
giftcardpromos.ca



\$5 OFF
\$50 Uber
gift cards
Offer valid April 2 - 8

Offer valid in-store only at participating Metro and Food Basics locations April 2-8, 2024 or while supplies last. To qualify for this promotion, customer must purchase \$50 or more in Indigo gift cards. Receive one (1) \$10 Bonus Indigo eGift card. To claim your Bonus \$10 eGift Card(s), go to giftcardpromos.ca. Claim must be made by April 8, 2024. Bonus eGift cards are available while supplies last. Further details, terms, and conditions may be available on the website and/or on the specific gift card(s) purchased. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.

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i earn with moi rewards

moi
rewards

i redeem and
save on what
i buy most often

redeem
500
points

=

\$4
in rewards



join today and save

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Greenhouse
ORGANIC
**Ginger+
Defence**
FOR IMMUNITY
WELLNESS SHOTS
Fermented Ginger and Lemongrass 8000 mg
Ginger Juice 8100 mg
Turmeric Juice 3250 mg
4x60 mL Wellness Shots

Greenhouse
ORGANIC
**Smart+
Energy**
100 mg of Natural Caffeine
WELLNESS SHOTS
Antioxidant-Rich
Sugar-Free Energy
100% Plant-Based
THIS WEEK ONLY
899
EACH

40
points

GREENHOUSE
WELLNESS SHOTS
4x60 mL
SELECTED VARIETIES

SWISS CHALET
ROTISSERIE & GRILL
1954
FULLY COOKED AND SEASONED - 19% MEAT PROTEIN
PORK BACK RIBS **SMOKY BBQ**
CÔTES DE DOS DE PORC **BBQ POMP**
ADVANCEDLY UNDERCOOKED CUTS - 25% DE PROTÉINES DE VIANDE
READY TO EAT IN **10 MIN**

THIS WEEK ONLY
1199
EACH

SWISS CHALET BBQ PORK BACK RIBS
600 G
SELECTED VARIETIES

55
points

SEAHORSE COOKED SHRIMP
95 - 120 CT 340 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
699
EACH

35
points

BEATRICE B-FIT
PROTEIN MILKSHAKE
400 ML
SELECTED VARIETIES

LOCKED DOWN
299
EACH

34g
PROTEIN
VANILLA

34g
PROTEIN
CHOCOLATE

15
points

ACTIVIA
EXPERT
Supports gut health
Soutient la santé digestive
STRAWBERRY / FRAISES

ACTIVIA
pre pro
Supports gut health
Soutient la santé digestive
6g PROTEIN
WITH BIFIDUS BACTERIA

4x100g

LOCKED DOWN
349
EACH

20
points

EXCEL GUM
EACH
SELECTED VARIETIES

HERSHEY'S
CREAMY MILK CHOCOLATE
CHOCOLAT AU LAIT CRÉMEUX
100 g

HERSHEY'S
CHOCOLATE BAR
50-120 G
SELECTED VARIETIES

LOCKED DOWN
249
EACH

15
points

EXCEL
WHITE
BLANCHE

EXCEL
FRESHMINT

LOCKED DOWN
449
EACH

25
points

McCain
Deep'n Delicious
CHOCOLATE CAKE
GAINES NO CHOCOLAT

LOCKED DOWN
649
EACH

35
points

MCCAIN DEEP'N DELICIOUS CAKES
510 G FROZEN
SELECTED VARIETIES

SMUCKER'S
Uncrustables
Peanut butter & strawberry spread sandwich
Sandwich au beurre d'arachide et à la tartinade de fraises

LOCKED DOWN
1199
EACH

55
points

SMUCKER'S UNCRUSTABLES SANDWICHES
10'S FROZEN SELECTED VARIETIES

JACK LINK'S
MEAT SNACKS
COLLECTIONS DE VIANDE
ORIGINAL
BEEF JERKY AU BŒUF

JACK LINK'S
BEEF JERKY
80 G
SELECTED VARIETIES

LOCKED DOWN
599
EACH

30
points

OASIS
100% JUICE

OASIS
100% JUICE

OASIS JUICE
960 ML
SELECTED VARIETIES

LOCKED DOWN
199
EACH

10
points

S.O.S.
STEEL WOOL PADS
TAMPONS D'ACIER

S.O.S
STEEL WOOL PADS
10'S
SELECTED VARIETIES

LOCKED DOWN
299
EACH

15
points

DAINTY
LONG & WILD RICE
GRAINS LONGS ET RIZ SAUVAGE

DAINTY LONG RICE
450 G
SELECTED VARIETIES

LOCKED DOWN
299
EACH

15
points

CHOOSE CANADIAN



THE LITTLE POTATO COMPANY POTATOES
PRODUCT OF CANADA, 680 G
SELECTED VARIETIES

2.99
EACH

MINI CUCUMBERS
PRODUCT OF CANADA
NO. 1 GRADE
397 G

2.99
EACH

ST-HUBERT OR SWISS CHALET MEAT PIES
655 - 900 G FROZEN SELECTED VARIETIES

9.99
EACH

JANES RESTAURANT FULLY COOKED BREADED CHICKEN FILLETS, BITES OR STRIPS
700 - 720 G FROZEN SELECTED VARIETIES

11.99
EACH

55
points

IRRÉSISTIBLE PIE
750 G - 1 KG
SELECTED VARIETIES

5.99
EACH

125
points
value of \$1

SELECTION SQUARES OR SWISS ROLLS
400 - 450 G
SELECTED VARIETIES

5.49
EACH

SELECTION CHEESE SHREDS
400 G
SLICES
210 - 230 G
SELECTED VARIETIES

4.88
EACH

75
points

NESTLÉ REAL DAIRY ICE CREAM
1.5 L
NOVELTIES
4 - 10'S
SELECTED VARIETIES

4.99
EACH

LACTANTIA CREAM
473 ML - 1 L
SELECTED VARIETIES

2.99
EACH

CAVENDISH FARMS' FRENCH FRIES 454 - 750 G
CHEEMO PEROGIES 813 - 907 G
IRRÉSISTIBLE MEALS 344 - 320 G FROZEN
SELECTED VARIETIES

2.99
EACH

BEATRICE CHOCOLATE MILK
1 L
I CAN'T BELIEVE IT'S NOT BUTTER!
427 G

1.99
EACH

DORITOS, RUFFLES CHIPS OR CHEETOS
180 - 285 G SELECTED VARIETIES

2.98
EACH

COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS
12 X 355 ML SELECTED VARIETIES

7.99
EACH

CASHMERE BATHROOM TISSUE 24 - 48'S
SPONGE TOWELS ULTRA PAPER TOWELS 6 - 12'S
SCOTTIES FACIAL TISSUE 12'S SELECTED VARIETIES

11.98
EACH

125
points
value of \$1

*We are currently working on updating the origin of all our products. This information comes from certification agencies, product suppliers, and other Metro partners. We cannot be held liable for any information that may prove to be inaccurate.

PRODUCE

SWEET POTATOES
PRODUCT OF U.S.A.
3.28/KG

THIS WEEK ONLY

1.49
/LB

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 175 G

BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE 150 - 175 G

THIS WEEK ONLY

3.99
EACH

EXTRA LARGE

GREEN OR RED SEEDLESS GRAPES
PRODUCT OF CHILE AND/OR SOUTH AFRICA, NO. 1 GRADE
8.80/KG

THIS WEEK ONLY

3.99
/LB

CANTALOUPE
PRODUCT OF GUATEMALA AND/OR HONDURAS, NO. 1 GRADE

TROPICAL GOLD PINEAPPLE
PRODUCT OF COSTA RICA

THIS WEEK ONLY

2.99
EACH

WE LOVE LOCAL
Canada

MINI CUCUMBERS
PRODUCT OF CANADA, NO. 1 GRADE 397 G

GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 283 G

THIS WEEK ONLY

2.99
EACH

JUMBO ROMAINE HEARTS
3 PK

ANDY BOY

AVOCADOS
PRODUCT OF MEXICO AND/OR PERU
5 OR 6 PACK

ROMAINE HEARTS
PRODUCT OF U.S.A.
3 PK

THIS WEEK ONLY

3.99
EACH

Attitude
ARUGULA ROQUETTE

Attitude
BABY SPINACH

THIS WEEK ONLY

3.77
EACH

Clementines
PRODUCT OF MOROCCO
2 LB

IRRESISTIBLE HERBS
SELECTED VARIETIES
21 G

THIS WEEK ONLY

4.99
EACH

2/\$4

BRUSSELS SPROUTS
PRODUCT OF U.S.A. AND/OR HOLLAND
6.59/KG

THIS WEEK ONLY

2.99
LB

WE LOVE LOCAL
Canada

THE LITTLE POTATO COMPANY

LITTLE TRIOS™
"BO DE P'TITES MAÏTES"

THIS WEEK ONLY

2.99
EACH

Carottes
Carottes

CARROTS OR YELLOW ONIONS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
2 LB

WE LOVE LOCAL
Canada

THIS WEEK ONLY

2/\$5

Petit Gourmet
French Beans - Haricots Verts

GREEN FRENCH BEANS
PRODUCT OF GUATEMALA, 400 G

THIS WEEK ONLY

3.99
EACH

Lighthouse DIPS
340 G
SELECTED VARIETIES

Greenhouse Smart Energy
100mg of Natural Carbon
WELLNESS SHOTS

Greenhouse Ginger+ Defence
FOR IMMUNITY
WELLNESS SHOTS

GREENHOUSE WELLNESS SHOTS
4.8 OZ (136 mL)
SELECTED VARIETIES

THIS WEEK ONLY

3.99
EACH

8.99
EACH

40 points

FRUIT OR VEGETABLE TRAY
920 G - 1.13 KG
SELECTED VARIETIES

THIS WEEK ONLY

11.99
EACH

FLORAL

6" SPRING BULBS OR SINGLE BLOOM HYDRANGEAS
WHILE SUPPLIES LAST

THIS WEEK ONLY

6.99
EACH

5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY

14.98
EACH

pick Ontario

10 STEM TULIPS
WHILE SUPPLIES LAST

THIS WEEK ONLY

8.88
EACH

SIGNATURE BOUQUET
WHILE SUPPLIES LAST

THIS WEEK ONLY

\$15
EACH

MEAT

**JUMBO
21 - 25 CT**



IRRESISTIBLE
LARGE SHRIMP
RING WITH SAUCE
600 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
16⁹⁹
EACH



SELECTION
FRESH PORK
SAUSAGES
FAMILY PACK
HOT, MILD, HONEY GARLIC
OR BREAKFAST
9.90/KG

THIS WEEK ONLY
4⁴⁹
/LB



PRIME
RAISED
WITHOUT
ANTIBIOTICS
WHOLE
CHICKEN
AIR-CHILLED
11.00/KG



THIS WEEK ONLY
4⁹⁹
/LB



FRESH
BONE-IN PORK
COMBINATION
CHOPS
INCLUDES CENTRE CUT CHOPS
9.90/KG

THIS WEEK ONLY
4⁴⁹
/LB



IRRESISTIBLE
SMOKED BONELESS HALF MOON HAM
13.21/KG

THIS WEEK ONLY
5⁹⁹
/LB



NEW ZEALAND
LEAN GROUND
LAMB
454 G
SELECTED VARIETIES

HALAL

THIS WEEK ONLY
10⁹⁹
EACH



BUTTERBALL
TURKEY OR
MAPLE LODGE
CHICKEN BACON
300 - 375 G
SELECTED VARIETIES

THIS WEEK ONLY
4⁹⁹
EACH



ST-HUBERT
OR SWISS
CHALET
MEAT PIES
405 - 800 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
9⁹⁹
EACH



LEGACY
MARINATED
BONELESS
PORK LOIN OR
PULLED
PORK ROAST
800 - 900 G
SELECTED VARIETIES

THIS WEEK ONLY
10⁹⁹
EACH



JANES RESTAURANT
FULLY COOKED
BREADED CHICKEN
FILLETS, BITES
OR STRIPS
300 - 375 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
11⁹⁹
EACH

55
points



FONTAINE SANTÉ
HUMMUS
227 - 240 G
SELECTED VARIETIES

THIS WEEK ONLY
2⁹⁹
EACH



SELECTION
FETA
227 - 240 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
6⁴⁹
EACH



MARC ANGELO
SOUVLAKI
FAMILY PACK
400 - 640 G
SELECTED VARIETIES

THIS WEEK ONLY
11⁹⁹
EACH



POGO
ORIGINAL
BREADED
SAUSAGES 20'S
1.5 KG FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
16⁹⁹
EACH



IRRESISTIBLES
FRESH PASTA
28225 G - 28250 G

THIS WEEK ONLY
4⁴⁹
EACH



PILLER'S
MEAT
SNACKS
300 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY
7⁹⁹
EACH



IRRESISTIBLE
PARMIGIANO
REGGIANO OR
GRANA PADANO
OR EMMENTAL
200 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY
7⁹⁹
EACH



MONSIEUR
GUSTAV
GOUDA OR
DOUBLE
CRÈME
BRIE OR
JARLSBERG
SLICES OR
AGROPUR
2 YEAR
CHEDDAR
300 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY
8⁹⁹
EACH



SEA HORSE
BASA STEAK OR
ANCHOR'S BAY
BASA FILLET
OR SEASOUL
TORPEDO SHRIMP
200 - 500 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
3⁴⁹
EACH



SEAJOY
SEAWEED
SALAD OR
MACKEREL
FILLETS
300 - 420 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
5⁴⁹
EACH



GOURMETA
THAI SHRIMP
COOKED 60 - 75 CT OR
RAW 31 - 40 CT
300 - 340 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
7⁴⁹
EACH



HIGH LINER
PAN-SEAR OR
BREADED &
BATTERED
SIGNATURE
CUTS FISH
FILLETS OR
CATCH OF
THE DAY FISH
FILLETS
425 G - 1.32 KG
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
12⁹⁹
EACH

BAKERY

6 Ciabatta
600 g (18 x 100 g)

Miche
600 g

IRRESISTIBLES BREAD OR ROLLS
500 - 600 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99
EACH

Villaggio
ITALIAN STYLE
CLASSICO
STYLE ITALIEN

VILLAGGIO BREAD
535 - 675 G

Dempster's
EST. 1890
100% WHOLE GRAINS
12 GRAIN

SOURCE OF VITAMIN D
46 g OF WHOLE GRAINS
6 g OF FIBRE

DEMPSTER'S WHOLE GRAIN BREAD
400 G
ROLLS
125
SELECTED VARIETIES

THIS WEEK ONLY

2.99
EACH

SUN-MAID Raisin
CINNAMON SWIRL / MARRÉCÉ À LA CANNELLE

POM
DEPUIS 1890
EDITION LIMITEE LIMITED ED.
BUN BROSCH

SUN-MAID RAISIN, POM RAISIN BUNS & SUN-OR DEMPSTER'S CINNABON BREAD
340 - 570 G
SELECTED VARIETIES

THIS WEEK ONLY

4.49
EACH

SELECTION SQUARES OR SWISS ROLLS
400 - 450 G
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

SELECTION CHEESECAKE
510 G FROZEN

IRRESISTIBLE PORTUGUESE TARTELS
450 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

CHARLOTTE'S CAKE
475 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

MORE GREAT SAVINGS FOR LESS

PHILADELPHIA CREAM CHEESE 227 - 250 G
KRAFT SINGLES 410 G
CHEEZ WHIZ SPREAD 430 G
SELECTED VARIETIES

LOCKED DOWN

3.98
EACH

DR. OETKER RISTORANTE PIZZA
249 - 395 G

CASA DI MAMA
395 - 410 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

5.79
EACH

SIMPLY ORANGE JUICE
2.5 L
SELECTED VARIETIES

LOCKED DOWN

7.69
EACH

SELECTION OR LIFE SMART DELUXE MIXED NUTS OR CASHEWS
1.13 KG
SELECTED VARIETIES

LOCKED DOWN

19.99
EACH

PRINGLES POTATO CHIPS
140 - 150 G
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH

15 points

ALLEN'S APPLE JUICE
450 - 590 ML
SELECTED VARIETIES

LOCKED DOWN

3.29
EACH

CANADA DRY mini GINGER ALE

COCA-COLA OR CANADA DRY GINGER ALE MINI CANS
4 x 225 ML
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH

MARIE CALLENDER'S MEAL
600 G

GARDEIN SUPRÊME CHICKEN VEGE-POULET
390 - 425 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

9.49
EACH

FRANCO AMERICAN CLUB HOUSE GRAVY
204 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

KRAFT MIRACLE WHIP SPREAD
450 - 590 ML
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH

MISS VICKIE'S ORIGINAL RECIPE POTATO CHIPS
100 - 200 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH

TROPHY PEANUTS
200 - 325 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

2/\$5

LOCKED DOWN



OLD FORT
Cheddar Cheese
Fromage cheddar

400 g | 38% MOISTURE | 34% FAT



LOCKED DOWN
548
EACH



Green Giant
Géant Vert

100% NATURAL / NATUREL
SWEETLETS

GREEN GIANT OR IRRESISTIBLES VEGETABLES
500 - 750 G
FROZEN
SELECTED VARIETIES



GREEN BEANS
EXTRA FINE - EXTRA FINE
HARICOTS VERTS

LOCKED DOWN
299
EACH



Babybel
Original
x12

BABYBEL CHEESE
240 G
SELECTED VARIETIES

LOCKED DOWN
899
EACH



ORVILLE REDENBACHER POPPING CORN
240 - 250 G
SELECTED VARIETIES

LOCKED DOWN
399
EACH



CARNATION EVAPORATED MILK
354 ML
SELECTED VARIETIES

LOCKED DOWN
2/\$4



VAN HOUTTE
COLOMBIAN MEDIUM

LOCKED DOWN
2899
EACH

VAN HOUTTE COFFEE CAPSULES
30'S
SELECTED VARIETIES



ANNIE'S MACARONI & CHEESE
170 G

BETTY CROCKER POTATOES
141 - 215 G
SELECTED VARIETIES

LOCKED DOWN
249
EACH

1L



BERTOLLI OLIVE OIL
750 ML, 1 L
SELECTED VARIETIES

LOCKED DOWN
1399
EACH



KINDER SURPRISE
60 G
SELECTED VARIETIES



LOCKED DOWN
429
EACH



BARRY'S ORANGE PEKOE TEA
80'S

LOCKED DOWN
599
EACH



LOCKED DOWN
149
EACH



LOCKED DOWN
1299
EACH



LOCKED DOWN
125
EACH



LOCKED DOWN
199
EACH



LOCKED DOWN
90¢
EACH



LOCKED DOWN
499
EACH



LOCKED DOWN
1099
EACH



LOCKED DOWN
2399
EACH

ALWAYS GREAT PRICE



SELECTION
EVAPORATED MILK
1.54 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
188
EACH



IRRESISTIBLE FRUIT
1.5 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1499
EACH



LIFE SMART
TORTILLA CHIPS
350 G
SELECTION SALSA
430 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
299
EACH



SELECTION
PICKLES
1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
327
EACH



LIFE SMART
MARGARINE
1.7 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
988
EACH



SELECTION
WATER
ENHANCER
48 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
279
EACH



SELECTION
CANDY
135 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
125
EACH



SELECTION
OR LIFE SMART
CANNED
FRUIT
794 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
379
EACH



SELECTION
DISHWASHING
DETERGENT
650-820 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
197
EACH



SELECTION
BLEACH
2.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
399
EACH



IRRESISTIBLES
PASSATA
690 G

ALWAYS GREAT PRICE 
249
EACH



SELECTION OR
LIFE SMART
TOMATOES
540-794 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
199
EACH



DOLE FRUIT OR
GEL CUPS
45
SELECTED VARIETIES

ALWAYS GREAT PRICE 
299
EACH



KELLOGG'S
JUMBO SIZE
CEREAL
850 G - 1.81 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
949
EACH



BETTY
CROCKER
DUNKAROOS
148 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
399
EACH



KRAFT
BBQ SAUCE
455 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
279
EACH



HÄAGEN-DAZS ICE CREAM
946 ML
NESTLÉ DRUMSTICK
6-8'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
999
EACH



EGGO WAFFLES
1.68 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1399
EACH



HEINZ KETCHUP
1.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
699
EACH



CHEEZ-IT
CRACKERS FAMILY
SIZE
352 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
399
EACH

ALWAYS STIRRING UP GREAT PRICES



LIBERTÉ GREEK YOGURT
650-750 G
SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹
EACH

ACTIVIA YOGURT
12 x 100 G
SELECTED VARIETIES

LOCKED DOWN

6⁴⁹
EACH

SIGGI'S SKYR YOGURT
750 G
SELECTED VARIETIES

LOCKED DOWN

6⁴⁹
EACH

iöGO YOGURT
6 x 100 G
SELECTED VARIETIES

LOCKED DOWN

6⁴⁹
EACH

LIBERTÉ KÉFIR
1 L
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹
EACH

ACTIVIA EXPERT YOGURT
750 G
SELECTED VARIETIES

LOCKED DOWN

6⁴⁹
EACH

YOPLAIT YOP DRINKABLE YOGURT
200 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

OIKOS PRO DRINKABLE GREEK YOGURT
300 ML
SELECTED VARIETIES

LOCKED DOWN

2⁹⁹
EACH

IRRESISTIBLE GREEK OR SKYR YOGURT
750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁹⁹
EACH

IRRESISTIBLE YOGURT
16 x 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

6⁴⁷
EACH

IRRESISTIBLE GREEK OR SKYR YOGURT
4 x 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

3⁴⁹
EACH

IRRESISTIBLE PROBIOTIC YOGURT
12 x 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

5⁹⁹
EACH

MORE

FLAVOURS OF THE WORLD



RADICCHIO
PRODUCT OF USA OR MEXICO
8.55/KG

THIS WEEK ONLY
388
/LB



BROWN OR BLACK FIGS
PRODUCT OF BRAZIL HALF TRAY

THIS WEEK ONLY
988
EACH



WHOLE RAINBOW TROUT
FRESH
19.82/KG

THIS WEEK ONLY
899
/LB



IRRESISTIBLE TIRAMISU
500 G

THIS WEEK ONLY
699
EACH



CUCINA MINI ARANCINI RICE BALLS
500 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
749
EACH



IRRESISTIBLES OR LIFE SMART RICOTTA
400 G
SELECTED VARIETIES



THIS WEEK ONLY
499
EACH



ALESSIA MINI CHOCOLATE EGGS
300 G
WHILE QUANTITIES LAST

THIS WEEK ONLY
749
EACH



EXCELSIOR SOCCER BALL EASTER CHOCOLATE
280 G
WHILE QUANTITIES LAST

THIS WEEK ONLY
1899
EACH



AURORA CHEEZE CRISPZ
60 G
SELECTED VARIETIES

THIS WEEK ONLY
449
EACH



FIUGGI MINERAL WATER
6 X 1 L
SELECTED VARIETIES

THIS WEEK ONLY
1699
EACH

MORE

BAISAKHI

FOR

LESS



ANDY BOY RAPINI
PRODUCT OF U.S.A.

THIS WEEK ONLY
2.88
EACH



TRE STELLE
PANEER
300 G
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



10 LB

PARLIAMENT GOLD, LAL QILLA
SUPREME SELLA OR ERAVAT PREMIUM
BASMATI RICE
4.54 KG SELECTED VARIETIES

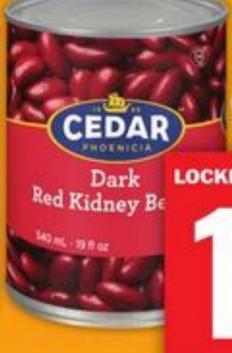
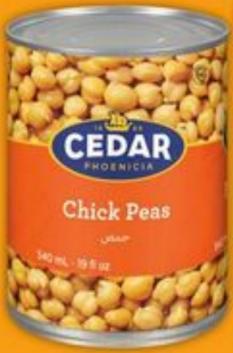


LOCKED DOWN
9.99
EACH



HANS DAHI,
PHOENICIA
OR
CEDAR
YOGURT
450 - 720 G
SELECTED VARIETIES

LOCKED DOWN
2.49
EACH



CEDAR
CANNED BEANS
540 ML
SELECTED VARIETIES

LOCKED DOWN
1.49
EACH



LEHAR BARFI OR KAJU KATLI
200 - 220 G
SELECTED VARIETIES

LOCKED DOWN
6.99
EACH



TATA TEA
AGNI, PREMIUM OR GOLD
1.8G, 220'S, 450 G SELECTED VARIETIES

LOCKED DOWN
6.99
EACH



SURATI
FROZEN
VEGETABLES
340 G
SELECTED VARIETIES

LOCKED DOWN
1.67
EACH



BRAR'S
GHEE
800 G

LOCKED DOWN
13.99
EACH



SHER OR MEERA BESAN, BRAR'S CORN FLOUR
1.81 KG SELECTED VARIETIES

LOCKED DOWN
5.49
EACH



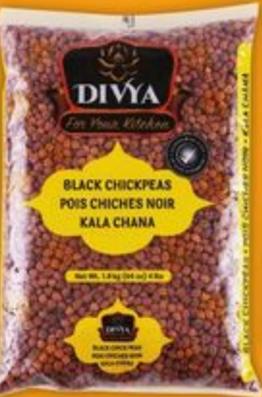
SURATI
SNACKS, DIVYA
ROASTED
CHANA OR
RUBICON
DRINKS
200 - 400 G, 1 L
SELECTED VARIETIES

LOCKED DOWN
2.49
EACH



MAGGI
INSTANT SOUP
NOODLES
70 G

LOCKED DOWN
39¢
EACH



DIVYA
LENTILS OR
BLACK
CHICK PEAS
1.8 - 1.81 KG
SELECTED VARIETIES

LOCKED DOWN
3.99
EACH



DIVYA
COOKING SAUCE
120 G
SELECTED VARIETIES

LOCKED DOWN
2.49
EACH



DIVYA NAANS
OR PARATHAS
220 - 400 G FROZEN
SELECTED VARIETIES

LOCKED DOWN
1.99
EACH



DESI-LICIOUS KULFI
1 L FROZEN
SELECTED VARIETIES

LOCKED DOWN
6.49
EACH



CASABLANCA
BUTTER COOKIES
454 G
SELECTED VARIETIES

LOCKED DOWN
3.99
EACH



BRAR'S
RASMALAI OR
NANAK
GULAB JAMUN
810 - 900 G
SELECTED VARIETIES

LOCKED DOWN
9.99
EACH



NESTEA ICED TEA MIX
650 G
SELECTED VARIETIES

THIS WEEK ONLY

649
EACH



NESCAFÉ GOLD INSTANT COFFEE
90 - 100 G
SELECTED VARIETIES



THIS WEEK ONLY

799
EACH



STARBUCKS
COFFEE ENHANCERS
820 ML
SELECTED VARIETIES

LOCKED DOWN

699
EACH



STARBUCKS
COFFEE CAPSULES
10'S
SELECTED VARIETIES

THIS WEEK ONLY

999
EACH



NESTLÉ
NESQUIK
SYRUP
510 - 700 ML
NESQUIK
POWDER MIX
540 G
SELECTED VARIETIES

LOCKED DOWN

749
EACH



STARBUCKS NESPRESSO COFFEE CAPSULES
8 - 10'S
SELECTED VARIETIES



LOCKED DOWN

1279
EACH



SAN PELLEGRINO
SPARKLING
DRINKS
6 x 330 ML
SELECTED VARIETIES

LOCKED DOWN

699
EACH



MAISON PERRIER SPARKLING WATER
8 x 330 ML
SELECTED VARIETIES

LOCKED DOWN

799
EACH



NESTLÉ
CHOCOLATE
BAR
99 G
SELECTED VARIETIES

LOCKED DOWN

249
EACH



NESTLÉ
CHOCOLATE
BARS
4'S
CELLOS
135 - 180 G
SELECTED VARIETIES

LOCKED DOWN

399
EACH



BOOST
INSTANT
BREAKFAST
880 G
SELECTED VARIETIES

LOCKED DOWN

1599
EACH



NESTLÉ NIDO
TODDLER
NUTRITIONAL
SUPPLEMENT
850 G
SELECTED VARIETIES

LOCKED DOWN

2649
EACH



contest*
moi
rewards



1.42 L

HELLMANN'S
MAYONNAISE
1.42 L
SELECTED VARIETIES

THIS WEEK ONLY
949
EACH



HELLMANN'S
MAYONNAISE
443 ML
SELECTED VARIETIES

THIS WEEK ONLY
599
EACH



HELLMANN'S
MAYONNAISE
443 ML
FLAVOURED
340 ML
SELECTED VARIETIES

LOCKED DOWN
399
EACH

When purchasing two (2) Hellmann's products get a chance to
WIN* a Canada Soccer Team VIP Experience

to participate

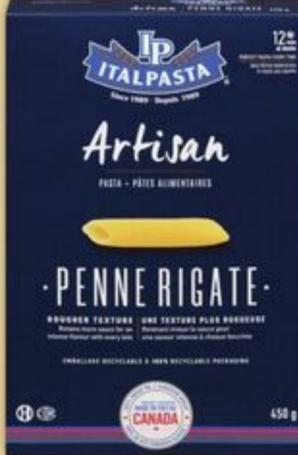
- buy 2 Hellmann's participating products
- use your moi rewards card at checkout
- you're automatically entered

*No purchase necessary. Full contest rules and details are available at www.metro.ca, www.foodbasics.ca and in participating stores. All trademarks are the property of their respective owners. All Canada Soccer logos and marks are the property of Canada Soccer and may not be reproduced without prior written consent. © 2026 Canada Soccer. All Rights Reserved.



MUTTI
TOMATOES OR
PASSATA
680 - 796 ML
SELECTED VARIETIES

THIS WEEK ONLY
449
EACH



ITALPASTA
ARTISAN PASTA
450 G
SELECTED VARIETIES

THIS WEEK ONLY
199
EACH



MUTTI
TOMATO
POLPA
398 ML

THIS WEEK ONLY
249
EACH



MUTTI
TOMATO
PASTE OR
PIZZA SAUCE
156 - 398 ML
SELECTED VARIETIES

THIS WEEK ONLY
349
EACH



MUTTI
SAN MARZANO
TOMATOES
398 ML

THIS WEEK ONLY
549
EACH



MUTTI
PASTA SAUCE
440 ML
SELECTED VARIETIES

THIS WEEK ONLY
849
EACH

PERSONAL CARE FOR LESS

LISTERINE MOUTHWASH
1 L
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

Depend
FRESH PROTECTION[®]

POISE
FRESH PROTECTIONS[®]
PADS

DEPEND UNDERWEAR
17'S
POISE PADS
27-46'S
SELECTED VARIETIES

LOCKED DOWN

17.99
EACH

CREST TOOTHPASTE
120 ML
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH

IVORY
BODY WASH
621 ML
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

COLGATE TOOTHPASTE
120 ML
TOOTHBRUSH
4'S
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH

GARNIER HAIR CARE
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

OLD SPICE DEODORANT
85 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

OGX HAIR CARE
385 ML
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH

PAMPERS SENSITIVE BABY WIPES
56'S
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH

EDGE SHAVE GEL
195 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH

BAND-AID FLEXIBLE FABRIC
50'S
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

CLIF ENERGY BARS
10'S
SELECTED VARIETIES

LOCKED DOWN

16.99
EACH

OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS*

Speak with our pharmacist for details.

*Treatment options will be determined based on an assessment by our pharmacist and may not include a prescribed medication. Referral to another healthcare provider may be required.

Available at pharmacy locations only. Visit foodbasics.ca/pharmacy to find a location near you.

- Urinary Tract Infection
- Cold Sores
- Pink Eye
- Allergies
- & More

JAMIESON VITAMIN A, D3
100'S
SELECTED VARIETIES

LOCKED DOWN

6.99
EACH

JAMIESON VITAMIN D3 GUMMIES, ZINC
60-100'S
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH

JAMIESON CALCIUM MAGNESIUM +D3, MELATONIN
100-200'S
SELECTED VARIETIES

LOCKED DOWN

11.99
EACH

WEBBER NATURALS OMEGA-3 SOFTGELS
60-120'S
SELECTED VARIETIES

LOCKED DOWN

27.99
EACH

VITAL PROTEINS COLLAGEN PEPTIDES
284 G
SELECTED VARIETIES

LOCKED DOWN

27.99
EACH

GENUINE HEALTH NUTRITIONAL SUPPLEMENT
208-229 G
SELECTED VARIETIES

LOCKED DOWN

32.99
EACH

REACTINE ALLERGY RELIEF
48'S
SELECTED VARIETIES

THIS WEEK ONLY

34.99
EACH

VEGA PROTEIN SHAKE
827-876 G
SELECTED VARIETIES

LOCKED DOWN

48.99
EACH